IN THE CLAIMS:

Claims 1-27 (canceled).

Claim 28 (currently amended) A method of changing body composition and/or physical work capacity of a subject, including ingestion of a food composition ~~to~~ by the subject, said food composition containing a colostrum fraction,

wherein the colostrum fraction is prepared by a process including the steps of:

(a) subjecting colostrum to ultrafiltration to obtain an ultrafiltered colostrum retentate including colostrum derived growth factors and casein as said fraction; ~~and~~

(b) subjecting the colostrum retentate fraction to a spray drying process;

(c) reconstituting the dry colostrum and

(d) administering the reconstituted dry colostrum of step (c) to the subject .

Claim 29 (previously presented) A method according to claim 28, wherein the colostrum fraction is prepared by a process which further includes the step of bacterial reduction utilizing centrifugation.

Claim 30 (previously presented) A method according to claim 29, wherein the step of bacterial reduction utilizes flow-through centrifugation.

Claim 31 (previously presented) A method according to claim 30, wherein throughput and

thereby residence time of the colostrum fraction is controlled during the centrifugation.

Claim 32 (previously presented) A method according to claim 29, wherein the centrifugation is undertaken at a temperature less than 72°C.

Claim 33 (previously presented) A method according to claim 32, wherein the centrifugation is undertaken at a temperature less than 64°C.

Claim 34 (previously presented) A method according to claim 28, wherein the process further includes heating the colostrum fraction to a temperature less than 72°C.

Claim 35 (previously presented) A method according to claim 34, wherein the process includes heating the colostrum fraction to a temperature less than 64°C.

Claim 36 (previously presented) A method according to claim 28, wherein the colostrum fraction includes IGF-1.

Claim 37 (previously presented) A method according to claim 28, wherein at least 0.5g/kg/day of said food composition is ingested.

Claim 38 (previously presented) A method according to claim 28, wherein from 1 to 10 g/kg/day is ingested.

Claim 39 (previously presented) A method according to claim 28, wherein the food composition is ingested daily over a period of at least 4 weeks.

Claim 40 (previously presented) A method according to claim 28, wherein the change includes an improvement to body composition.

Claim 41 (previously presented) A method according to claim 28, wherein the change includes one or more of an increase in height, fat free mass, fat utilisation, protein synthesis, oxygen uptake (VO2max), respiratory exchange ratio (RER), serum creatine kinase (CK), lactulose: rahmnose ratio (L:Rh) intestinal permeability, metabolic and/or respiratory buffer capacity and tissue mass and reduction in percentage body fat, fat mass and blood lactate levels.

Claim 42 (previously presented) A method according to claim 28, wherein the change includes a reduction in percentage body fat.

Claim 43 (previously presented) A method according to claim 28, wherein the change includes a reduction in muscle damage following exercise.

Claim 44 (previously presented) A method according to claim 28, wherein the change includes an increase in respiratory buffer capacity.

Claim 45 (previously presented) A method according to claim 28, wherein the change includes

an improvement in physical work capacity.

Claim 46 (previously presented) A method according to claim 28, wherein the physical work capacity includes the capacity to do exercise performance selected from the group including running, walking, jumping, sprinting, knee extensions, knee flexions, squatting, lifting, kicking and resisted and non-resisted exercises and events.

Claim 47 (previously presented) A method according to claim 28, wherein the change includes a reduction of fatigue.

Claim 48 (previously presented) A method according to claim 45, wherein physical work capacity includes recovery after exercise.

Claim 49 (currently amended) A method of treating a disorder ~~disorders~~ of the gut of a subject including ingestion of a food composition by ~~to~~ the subject, said food composition containing a colostrum fraction,

wherein the colostrum fraction is prepared by a process including the steps of:

(a) subjecting colostrum to ultrafiltration to obtain an ultrafiltered colostrum retentate including colostrum derived growth factors and casein as said fraction; ~~and~~

(b) subjecting the colostrum retentate fraction to a spray drying process;

(c) reconstituting the dry colostrum and

(d) administering the reconstituted dry colostrum of step (c) to the subject.

Claim 50 (previously presented) A method according to claim 49, wherein the colostrum fraction is prepared by a process which further includes the step of bacterial reduction utilizing centrifugation.

Claim 51 (previously presented) A method according to claim 49, wherein the step of bacterial reduction utilizes flow-through centrifugation.

Claim 52 (previously presented) A method according to claim 51, wherein throughput and thereby residence time of the colostrum fraction is controlled during the centrifugation.

Claim 53 (previously presented) A method according to claim 50, wherein the centrifugation is undertaken at a temperature less than 72°C.

Claim 54 (previously presented) A method according to claim 50, wherein the centrifugation is undertaken at a temperature less than 64°C.

Claim 55 (previously presented) A method according to claim 49, wherein the process further includes heating the colostrum fraction to a temperature less than 72°C.

Claim 56 (previously presented) A method according to claim 49, wherein the process includes heating the colostrum fraction to a temperature less than 64°C.

Claim 57 (previously presented) A method according to claim 49, wherein the colostrum fraction includes IGF-1.

Claim 58 (previously presented) A method according to claim 49, wherein at least 0.5g/kg/day of said food composition is ingested.

Claim 59 (previously presented) A method according to claim 49, wherein from 1 to 10 g/kg/day is ingested.

Claim 60 (previously presented) A method according to claim 49, wherein the food composition is ingested daily over a period of at least 4 weeks.

Claim 61 (previously presented) A method according to claim 49, wherein the disorder of the gut is selected from the group including mucositis, gastrointestinal damage from administration of non-steroidal anti-inflammatory drugs, gastrointestinal damage from irradiation therapy, gastrointestinal damage from chemotherapy, damage from infection in normal and in HIV/AIDS patients caused by pathogens selected from the group including rotavirus, *E. Coli spp, Salmonella spp, Cryptosporidium spp, H. Pylori*, damage from gut surgery, and damage due to disease such as crohn's disease, inflammatory bowel syndrome, coeliac disease, and cystic fibrosis.

Claim 62 (currently amended) A method of improving the psychological perception of fatigue of

a human subject including ingestion of a food composition by the subject, said food composition containing a colostrum fraction, wherein the colostrum fraction is prepared by a process including the steps of:

(a) subjecting colostrum to ultrafiltration to obtain an ultrafiltered colostrum retentate including colostrum derived growth factors and casein; ~~and~~

(b) subjecting the ultrafiltered colostrum retentate fraction to a spray drying process;

(c) reconstituting the dry colostrum and

(d) administering the reconstituted dry colostrum of step (c) to the subject.

Claim 63 (previously presented) A method according to claim 62, wherein the colostrum fraction is prepared by a process which further includes the step of bacterial reduction utilizing centrifugation.

Claim 64 (previously presented) A method according to claim 63, wherein the step of bacterial reduction utilizes flow-through centrifugation.

Claim 65 (previously presented) A method according to claim 64, wherein throughput and thereby residence time of the colostrum fraction is controlled during the centrifugation.

Claim 66 (previously presented) A method according to claim 62, wherein the centrifugation is undertaken at a temperature less than 72°C.

Claim 67 (previously presented) A method according to claim 63, wherein the centrifugation is undertaken at a temperature less than 64°C.

Claim 68 (previously presented) A method according to claim 62, wherein the process further includes heating the colostrum fraction to a temperature less than 72°C.

Claim 69 (previously presented) A method according to claim 62, wherein the process includes heating the colostrum fraction to a temperature less than 64°C.

Claim 70 (previously presented) A method according to claim 62, wherein the colostrum fraction includes IGF-1.

Claim 71 (previously presented) A method according to claim 62, wherein at least 0.5g/kg/day of said food composition is ingested.

Claim 72 (previously presented) A method according to claim 62, wherein from 1 to 10 g/kg/day is administered.

Claim 73 (previously presented) A method according to claim 62, wherein the food composition is ingested daily over a period of at least 4 weeks.

Claim 74 (new) A method of changing body composition and/or physical work capacity of a subject, including ingestion of a food composition by the subject, said food composition

containing a colostrum fraction,

wherein the colostrum fraction is prepared by a process including the steps of:

(a) subjecting colostrum to centrifugation to reduce the amount of bacteria in colostrum;

(b) subjecting the colostrum to ultrafiltration to obtain an ultrafiltered colostrum retentate including colostrum derived growth factors and casein as said fraction;

(c) subjecting the colostrum retentate fraction to a spray drying process;

(d) reconstituting the dry colostrum and

(e) administering the reconstituted dry colostrum of step (c) to the subject.